



GLADIATOR

STRENGTH & CONDITIONING

Summer Camps

50 MINUTE SESSIONS
3 TIMES PER WEEK

WARM UP
WORKOUT OF THE DAY
COOL DOWN & STRETCHING



TRAINER: COACH STEVE STOCK

Coach Steve Stock is a member of the St. Francis High School faculty & staff, and is an experienced professional sports trainer.

He holds certifications through CFSC and ISSA and is skilled at helping students achieve their health & fitness goals through strength training, cardio vascular exercise, and stretching.

REGISTRATION

- Limit 20 participants per group.
- Complete one form per student.
- Return with payment of \$150 per session to any school office by June 8, 2026.
- Make checks payable to GTACS Athletics with Strength Camp in the memo line.
- You may combine payment if registering more than one student.

CHOOSE FROM THREE (3) 4-WEEK SESSIONS

- SESSION 1 6/8 - 6/30/2026
- SESSION 2 7/1 - 7/30/2026
- SESSION 3 8/3 - 8/31/2026

SPECIFY GRADE LEVEL (26/27 SCHOOL YEAR & TIME)

- GROUP A 6-8th grade students: 11:00-11:50 AM
- GROUP B 9-12th grade students: 12:00-12:50 PM
- GROUP C 4-5th grade students: 1:00-1:50 PM

COST \$150 per student per session

QUESTIONS? Contact Coach Steve
sstock@gtacs.org OR 231-360-5198

All athletes must have a sports physical on-file with the school.

SESSION(S)

- 6/8 - 6/30/2026
- 7/1 - 7/30/2026
- 8/3 - 8/31/2026

GROUP/AGE LEVEL OF STUDENT

- 6-8th grade students, 11:00-11:50 AM
Focus on strength-building, form, and speed.
- 9-12th grade students, 12:00-12:50 PM
Focus on strength-building, flexibility, and agility.
- 4-5th grade students, 1:00-1:50 PM
Focus on lightweight movement, conditioning, and agility.

STUDENT NAME _____

GRADE LEVEL (26/27 SCHOOL YEAR) _____

PARENT NAME _____

EMAIL ADDRESS _____

MOBILE PHONE _____